



**IF YOU WOULD LIKE ADVICE ON CANNABIS USE**



# CANNABIS USE

- **STRONGLY LINKED TO MENTAL HEALTH PROBLEMS.** Such as anxiety, panic attacks, stress, paranoia and low mood.
- **COMMON SIDE EFFECTS.** Are mood swings, feeling lifeless, feeling dizzy or confused, a racing heart, seeing or hearing things, losing touch with reality, bronchitis, lung problems and fertility problems.
- **REGULAR USE.** Can cause people to feel sluggish, slowed down and lacking in motivation to do things.
- **REGULAR USE.** Is associated with an increase in later developing psychotic illnesses e.g. schizophrenia.
- **CANNABIS IS AN ILLEGAL DRUG.** And is in classification category B. You can gain a criminal record or imprisonment for possession or dealing.

To find out more about cannabis use and its effect on your mental health, it may be helpful to ask your GP or seek further information from [www.talktofrank.com](http://www.talktofrank.com) - 0800 776600.